

# THE PREP

December 26th - 30th, 2022 Shopping List

## Pantry Staples

- Salt
- Kosher Salt
- Black Pepper
- Chrushed red pepper
- Extra-virgin olive oil
- Mayonnaise
- White whole-wheat flour
- Cinnamon sticks
- Ground cinnamon
- Whole cloves

## Grocery

- 1 pound gnocchi, preferably whole-wheat
- 1 (8-oz.) container whole-wheat breadcrumbs
- 1 (8-oz.) package whole-wheat pasta
- 2 (8-oz.) microwaveable pouches brown rice
- 1 (1.75-oz.) tube anchovy paste
- 1 pound dried cannellini beans or 4 (15-oz.) cans no-salt-added cannellini beans
- 2 (32-oz.) containers unsalted chicken broth
- 1 (8-oz.) bottle grape-seed oil
- 1 (7-oz.) jar oil-packed sun-dried tomatoes
- 1 (10-oz.) bag frozen cauliflower rice
- 1 (12-oz.) can evaporated milk
- 1 (14-oz.) can sweetened condensed milk
- 1 (15-oz.) can coconut cream
- 1 (13.5-oz.) can unsweetened coconut milk

- 1 (750-mL) bottle dry white wine
- 1 (750-mL) bottle white rum

## Produce

- 1 large leek
- 1 pint cherry tomatoes
- 1 head garlic
- 2 lemons
- 1 bunch fresh sage
- 1 bunch fresh parsley
- 1 bunch fresh rosemary
- 1 bunch fresh flat-leaf parsley
- 1 bunch fresh basil
- 1 bunch fresh chives
- 1 medium yellow onion
- 1 large carrot
- 1 medium shallot
- 1 (1-in.) piece fresh ginger
- 1 (5-oz.) package kale

## Dairy, Milk & Eggs

- 1 stick unsalted butter
- 1 (5-oz.) container grated Parmesan cheese
- 1 (4-oz.) Parmesan cheese rind
- 1 (8-oz.) wedge Parmesan cheese
- ½ pint heavy cream
- ½ pint buttermilk

## Meat, Poultry & Seafood

- 8 ounces cooked salmon
- 1¼ pounds cod
- 2 pounds bone-in chicken breasts
- 1 (1-lb.) package chicken cutlets